

In this Unit, the understanding is why fitness is important in overall health, but also to understand the four main factors of fitness activity (body composition, muscular strength, flexibility, and cardiovascular training). These four factors are important to teach because they help to foster lifelong habits and to present ways of exercise that may have not yet been considered. Training and meal plans will be created for different types of people such as, athletes, everyday students, adults, children, etc. Making sense of the four factors and being able to describe their meanings, as well as showing what a healthy lifestyle could look like will be carried out through many activities such as, making iMovies and blogs.

*RSU 9*

*6-8*

*Body composition, muscular strength, and flexibility*

*Physical Fitness Activities and Knowledge*

*Fitness Activity*

*Rhiannan Jackson*

*•vocabulary: body composition, flexibility, muscular strength, blood pressure, fitness, conditioning, diet, cardiovascular, diet, calories  
•key factual information: Certain foods boost your metabolism, muscle weighs more than fat, calories contribute to weight gain when consuming more than you use  
•sequence and timelines: Meals, exercise, stretching, water, sleep, training schedule*

*•describe a healthy lifestyle  
•make sense of body composition, flexibility, and muscular strength  
•design meal and fitness plans over a weeks period  
•compare body composition and muscular strength  
•consider cardiovascular training techniques  
•recognize different cardiovascular training techniques*

***Standard:****H3 Fitness Activity****Grade Level Span:****Grade 6-8  
Students participate in physical activities that address personal fitness goals for the health-related fitness components*

***Maine Learning Results******Content Area:****Health Education and Physical Education****Standard Label:****H. Physical Fitness Activities and Knowledge*

*•Why is fitness important in overall health?  
•How do body composition, flexibility, and muscular strength work together?  
•How is cardiovascular training important to fitness and how does it vary?*

*•fitness is important in overall health  
•body composition, flexibility, and muscular strength work together in fitness  
•there are various cardiovascular training techniques*

* Teamwork 25%
* Script 10%
* Sound 20%
* Concept 20%
* Equipment 5%
* Research 20%
* Preparedness 15%
* Enthusiasm 30%
* Collaboration 20%
* Props 10%
* Speaks Clearly 15%
* Vocabulary 10%
* Oral Presentation
* iMovie

The Biggest Loser is looking for video submissions for their contestants to use as motivation on the trial week home. A lot of the contestants have a hard time staying active and remembering everything they learned throughout their time on the show. It is time for you to make a video to help inspire these people to continue what they've started and remember why it's important to stay active! As a personal trainer, you will show different types of exercises incorporating the four components (muscular strength, flexibility, body composition, and cardiovascular training) into your video. The video needs to be 5-10 minutes long showing why fitness is a result of good muscular strength and body composition, but also giving these contestants a reason to push threw and persevere. Good luck!

* Body composition
* fitness

•fitness is important in overall health

•body composition, flexibility, and muscular strength work together in fitness

•there are various cardiovascular training techniques

•MLR

Health Education and Physical Education

***By what criteria will student products/performances be evaluated?***